

Caring for your 6-year-old child

Name _____ Weight _____ Height _____ Date _____

Keep Your Child Safe

Use a Seat Belt Have your child use a seat belt every time they are in a car. Riding in the back seat is safest.

**Prevent
Drowning**

- Teach your child how to swim.
- Reinforce safety rules for swimming pools.
- Learn child cardiopulmonary resuscitation (CPR).

**Prevent
Burns**

- Protect your child from sunburn. Teach him how to apply sunscreen.
- Keep your child away from hot stoves, hot liquids and hot pots.
- Set the water heater thermostat so that the water is not hotter than 120°F.
- Teach your child what to do in case of fire in the home. Show her how to dial 911

**Prevent
Poisoning**

- Lock all poisons (medicines, bug sprays, paints, cleaning agents) out of reach and sight of your child.
- Know where to find the phone number to the Poison Control Center.

**Prevent
Other
Injuries**

- Make sure an adult is always watching your child.
- Teach your child to respect animals and other living things.
- Require your child wear a helmet when using a tricycle, bike, or in-line skates.
- Make sure you have smoke detectors on your ceiling. Check twice a year to make sure they work.
- Teach your child about pedestrian and playground safety. Supervise all play near streets and driveways.
- Teach her not to follow or accept gifts or car rides from strangers.
- **Never hit your child!**

Provide Healthy Nutrition

- Offer 3 meals and 2 nutritious snacks per day. Nutritious snacks are low in fat and sugar and high in fiber (like most fruits).
- Offer her nutritious foods and let her decide what and how much to eat. You choose the menu; do not let her dictate it. Avoid soft drinks and switch to low-fat milk.
- Eat healthy foods yourself. Show that mealtime is enjoyable and not rushed. Try to eat together as a family.

Practice Healthy Parenting and Care-giving

Care for Yourself

Make some time for yourself each week by letting someone else care for child.

Remember the Family

- Try to set aside special time for your partner and any other children you may have.
- Talk with your partner about birth control. Ask yourselves, “How many children can we care for?”

Encourage Healthy Development

- Stimulate your child socially: provide opportunity for play and work with others. Limit television to no more than 2 hours daily. Watch programs together and discuss them. Enroll him in school.
- Stimulate her mind: take her to a library, park or museum. Enroll her in school. Encourage her to read.
- Strengthen his body: encourage physical activity that is safe. Be physically active together!
- Give her responsibility, but set reasonable expectations.
- Provide sex education: answer questions after asking what your child thinks. Use correct words for genitalia (like “penis” and “labia”). Keep age-appropriate sex education books in the home (available in the library).
- Provide spiritual and moral support: ensure your child knows the difference between right and wrong. Encourage respect for authority.
- Respect your child. Listen to him and answer his questions honestly. Show affection. Spend individual time with him doing something you both enjoy. **Never yell at him.** See our Encouraging Good Behavior handout.

Encourage Healthy Behaviors

- Praise your child for healthy behavior, cooperation and accomplishments.
- Encourage self-control. Teach your child how to manage anger and resolve conflict without violence.
- Know your child’s friends and their families.
- Help the family create a few rules that apply to everyone in the family. Enforce them consistently.

Encourage Self Care

- Help your child brush his teeth at least twice daily. Use a small amount of toothpaste with fluoride. Take him to the dentist at least once a year. Ask the dentist about dental sealants.
- Your child needs a regular bedtime, usually 8-9 p.m. Help her sleep through the night in her own bed.
- Teach your child that some parts of the body are private and can only be touched with her permission. Tell her to report unwanted touching right away.

Prevent Sickness —Identify and Treat It Early

- Keep your child away from cigarette smoke. Do not smoke in the car or your home.
- Treat the pain of minor injuries with acetaminophen or ibuprofen
- Call the clinic right away if your child has a fever but no symptoms of a cold, is coughing a lot or may be dehydrated. A fever is an oral temperature of 100.4°F or higher. A dehydrated child is much less active than usual, or has dry lips and a pasty mouth.

Your child’s next visit is when he is 7 to 8 years old.